



X5



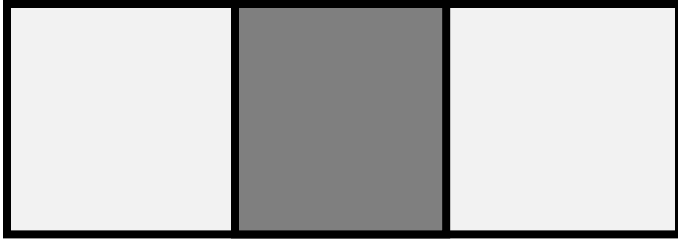
X5



X5



X5



CADENCE & WRIST TENSION STRIPE

X4 ROUNDS ON EACH SQUARE

HALF SPEED



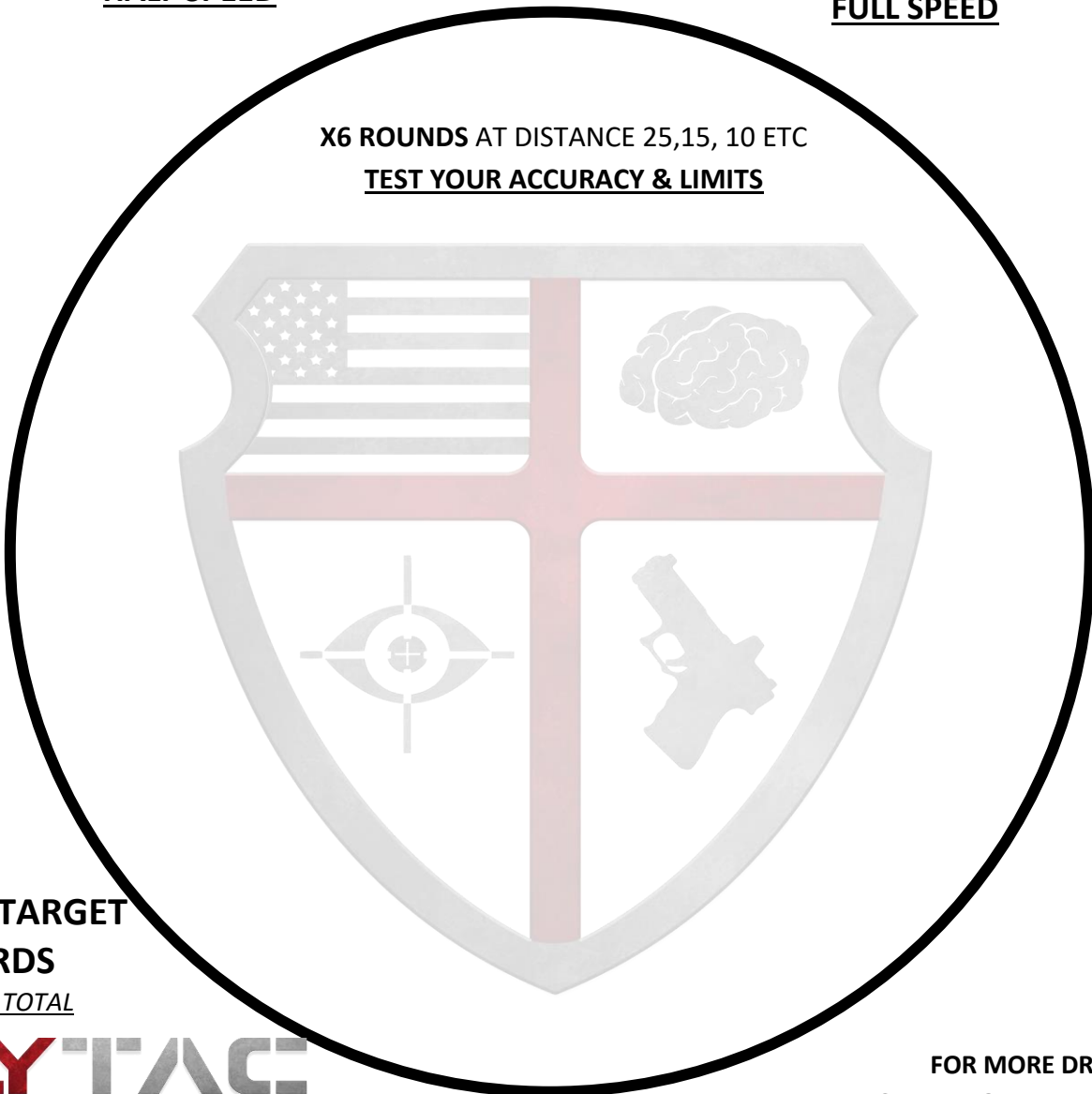
CADENCE & WRIST TENSION STRIPE

X4 ROUNDS ON EACH SQUARE

FULL SPEED

X6 ROUNDS AT DISTANCE 25,15, 10 ETC

TEST YOUR ACCURACY & LIMITS



WARM-UP TARGET

3-7 YARDS

50 ROUNDS TOTAL